



# Space Observer

Friday, Aug. 23, 2002

Peterson Air Force Base, Colorado

Vol. 46 No. 32



Courtesy photo

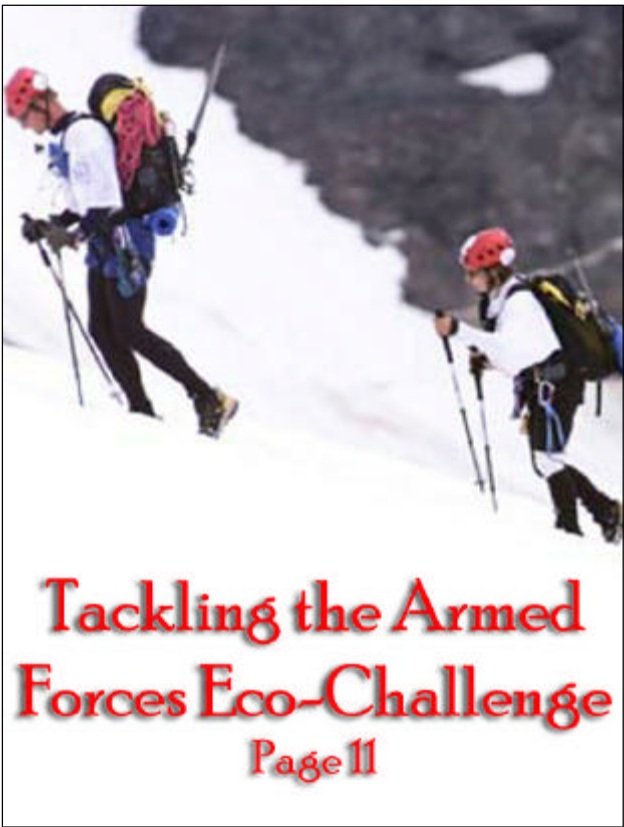
“Team Pete” welcomes Air Force Space Command Commander General Lance W. Lord and his wife Beccy, plus Air Force Space Command Command Chief Master Sergeant Ronald G. Kriete and his wife Rebecca as they pay us an official visit this week!



Courtesy photo



Photo by Master Sgt. D.K Grant



Courtesy photo





# Recognition, discipline required for high morale

By Senior Master Sgt.  
Lee Reedy  
*3rd Space Communications Squadron*

There is an old one-line joke that goes, “The beatings will continue until morale improves!”

Many of us have seen or been in units that had very low morale and seemed to crush their people with even more work, arbitrary rules, and punishments that seemed to make the adage sarcastic. However, there are certain amounts of truth to it many leaders miss in the hectic pace of everyday duties. Let’s explore how.

The root of discipline is not about punishment, though that is the primary meaning associated with the word. True, having to discipline someone usually involves punishment, but the real measure of the word is in its root meaning — teaching or learning.

Some troops learn quickly and begin to discipline themselves early in their career. They are self-motivating and consistently do outstanding work. Others need more help, and properly supervising these folks not only determines the overall morale of the unit, but its overall success as well. Indeed, not supervising these folks properly can destroy the performance of your outstanding performers. Thus, discipline helps mold the learner whether their performance is substandard, average, above average, or outstanding.

Outstanding performers depend on effective discipline to gauge where they are in relation to others. Although their

self-discipline and motivation keeps them striving to be better, discipline in the rest of the unit affects how hard they press forward.

The awards and decorations programs are built for these people; it aids their motivation and presents goals for them to achieve. Yet, recognition without discipline is a recipe for mediocrity. It is very difficult to bust your hump to earn the ratings and be the best, and then watch a co-worker who is just above average get the same recognition and reward.

Above average performers depend on effective discipline as a motivation for achievement. No matter what you do in your unit, people are watching you constantly and making comparisons.

As a supervisor, you must make the cuts at your level rather than forwarding a recommendation on a “good troop” that is not outstanding. Your troops (and others in the unit) will see what you are doing and respond with better performance on their own. These are the troops that you mentor into outstanding performers. They are generally far more receptive to mentoring at this stage and they will see you are trying to “pull them up.”

Average performers depend on effective discipline for motivation to a much larger degree. Mentoring these troops often fails because they may not have enough self-discipline yet to perform up to their potential. This forces their supervisor to supervise

them, and this is where many a supervisor falters. What this really means is that you must recognize and deal with all acts that stray into the substandard category. These are some of the toughest people to look in the eye and tell them they are not making the grade.

They are generally good people and very likeable. They come to work, do a reasonable job most of the time, and go home. However, the pitfall for the supervisor is that small acts of substandard performance, if left unchecked, grow into bigger problems later. Clearly, we must motivate our troops positively whenever possible, but this is the crucible of leadership, since you must begin documenting and dealing with even “small” problems. This includes informing your supervisor and keeping them up-to-date. Doing so sets up the conditions under which you can later take action if the substandard performance worsens.

Substandard performers depend on effective discipline in obvious ways. Of course, we are not discussing the unambiguous commission of a major crime, but the more subtle problems like recurring tardiness or substandard job performance. Even so, by this point, it is usually clear (to everyone in the unit) the troop requires discipline and the range of options will either be fully available, or severely limited, depending on whether the supervisor dealt with issues previously.

Usually the first question the commander, first sergeant, or judge advocate is going to ask is, “What have you proper-

## 21st Space Wing



# GSU

## At a Glance

**Unit:** 76th Space Control Squadron

**Location:** Peterson Air Force Base, Colo.

**Mission:** The 76th SPCS deploys counterspace prototypes to Department of Defense exercises around the world. The unit uses experience gained in the field to improve future designs and to advance emerging command and control, logistics, and operational concepts.



## Loading up

Members of the 76th Space Control Squadron pack a pallet for a deployment.

Courtesy photos

ly documented to justify the action you believe is needed?” Your answer will determine whether the discipline the individual receives is proper considering the level of the problem.

Recognition and discipline are required for a unit to have high morale. A fair and accurate accounting helps out-

standing performers assess achievement, motivates above average performers, causes average performers to review their situation, and deals effectively with substandard performance overall. As supervisors, we must all strive to recognize our people properly, no matter where they rack and stack.



# Space Observer

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**Assistant Editor**  
Senior Airman Shane Sharp

## A Moment in Time: August



■ On Aug. 24, 1965, a Minuteman I was launched in conjunction with Gemini 5.

■ On Aug. 25, 1909, land for the first Signal Corps was leased in College Park, Md.

■ On Aug. 25, 1914, Stephen Banic, a coal miner from Greenville Pa., was issued a patent for his parachute design.

■ On Aug. 28, 1944, the 78th Fighter Group claimed the first jet shot down in combat when an Me-262 was shot down.

*Information courtesy of Staff Sgt. Trisha Morgan, 21st Space Wing History Office.*



# Wing airman takes on bright lights of Hollywood

By Peggy Hodge and  
Joe Davidson

Space and Missile Systems Center Public Affairs

The 21st Space Wing has many stars, and now one of those stars will be getting national attention in the upcoming months.

Airman 1st Class Jessica Sanchez, an intelligence analyst with the 21st Operations Support Squadron, recently traveled to Los Angeles Air Force Base, where she took a lead role in the Air Force's newest commercial.

"The commercial is one of four new 'Cross Into the Blue' recruiting commercials that will showcase the Air Force across the board," said Lt. Col. Joe LaMarca, Public Affairs Deputy Director for Air Force Space Command. "The intent is to show versatility of the Air Force with these commercials."

Sanchez and a production crew from Harvest Films of Santa Monica, Calif., set up stage at The Aerospace Corporation's Spacelift Telemetry Acquisition and Reporting System in El Segundo, Calif., and Paramount Studios in Los Angeles, Aug. 8, to film the first recruiting commercial featuring space.

Preparing for the commercial segment to be shot took countless hours of planning and coordination. Auditioning for just the right star, choosing the extras to complete the set, and filming just the right take required the cooperation and teamwork of many people.

The first step was to find a star—a young Hispanic woman with presence in front of a camera and a modicum of acting ability—someone real and someone Air Force.

Twenty-two active-duty Hispanic women coming from every base in Space Command answered the casting call. Of those 22, three returned for a

callback casting session July 29 during which Sanchez was chosen to be the star in the commercial.

"I couldn't believe they picked me," said Sanchez. "It's nice that my superiors and the casting directors see me as someone who can represent the Air Force."

Sanchez had no idea what she was in for, but she headed to Los Angeles ready for anything.

"I was a little scared about going, but I thought 'hey, this is a once in a lifetime chance,'" she said. "I had no idea we would be working 12 hours one day and 15 the next. But I'll say this—I'd do it again in a minute."

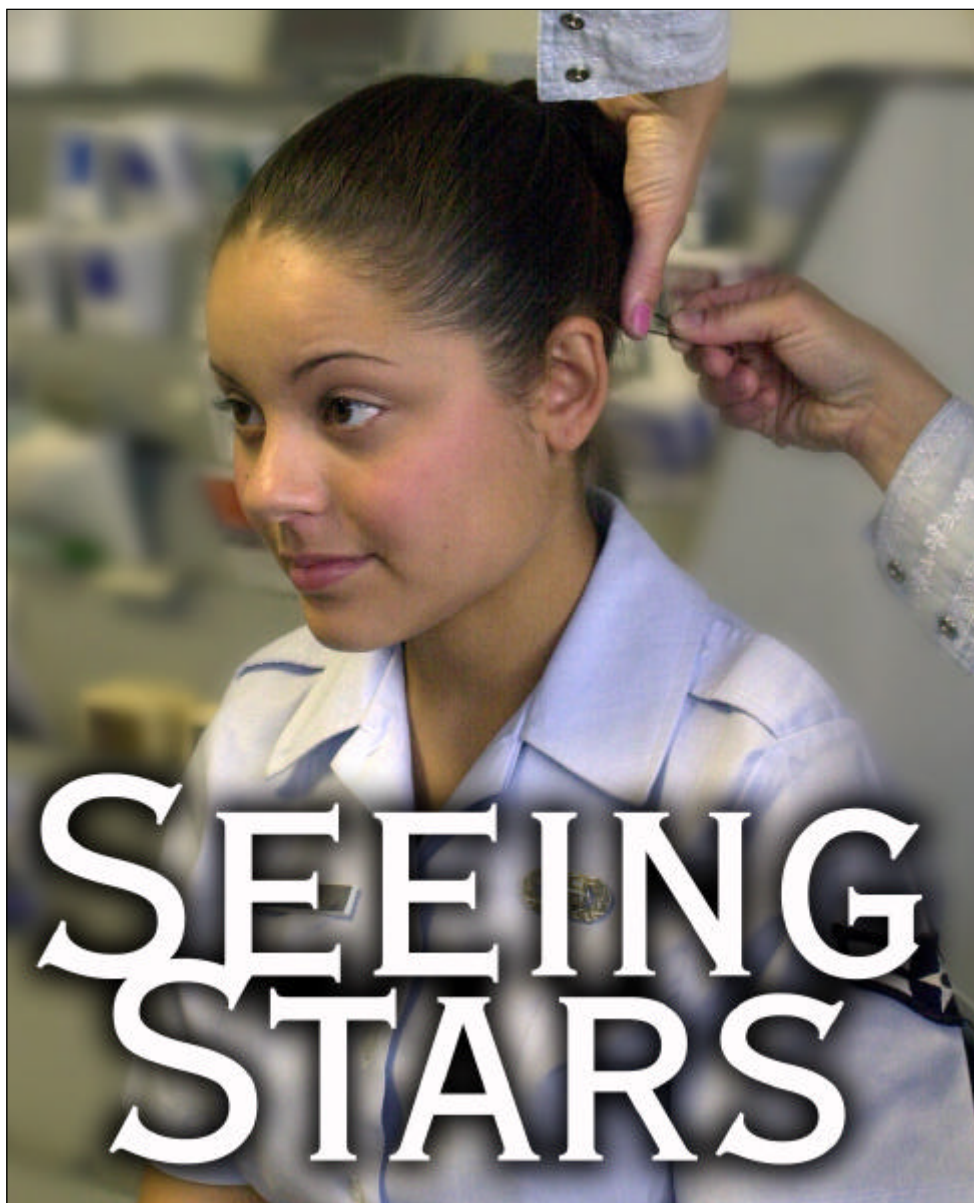
Set-up for the filming at the STARS facility began Aug. 8, at 7 a.m. for a 3-5 second take in the 30-second commercial. The STARS facility has a feel of a mission control center—including video displays of launch telemetry—STARS' real-time graphic displays reduce launch turnaround times and shorten the time needed to resolve any possible issues.

"The set was very realistic," said Sanchez. "They did a great job on the entire commercial."

"I thought the whole shoot—set-up, filming and teardown—was very exciting and interesting," said Bruce Mau, Director of the STARS facility. "I got a look at what the entertainment business is really like."

After three hours of filming at the STARS facility, the director and crew packed up their equipment and headed for Paramount Studios where they would film an additional clip.

"The part we filmed at Paramount was actually the beginning of the commercial," said Sanchez. "It was pretty sweet because we were filming on the Seinfeld set."



Courtesy photo

**Airman 1st Class Jessica Sanchez, 21st Operations Support Squadron, gets her hair done before shooting the newest Cross into the Blue commercial.**

Sanchez said the beginning of the commercial shows her fixing a satellite dish on top of a building so she and friends can watch a soccer game. It then turns to her at the STARS facility.

"I can't wait to see the finished product on T.V.," she said. "Hopefully it will inspire more people to come in the Air Force."

There are more of the new Cross Into the Blue commercials on tap. The Secretary of the Air Force Office of Public Affairs and the Air Education and Training Command are coordinating the production of the next generation of commercials that will include space as well as titles on the Predator, pararescue, and the F-22.

## 10th Space Warning Squadron celebrates 25 years of vigilance

By Tech. Sgt. Gino  
Mattorano

21st Space Wing Public Affairs

The men and women of the 10th Space Warning Squadron celebrated 25 years of Air Force Excellence at Cavalier Air Force Station, N.D., during activities on Aug. 16 and 17.

The Air Force has performed missile warning and space surveillance operations from the site since 1977, when it took over the installation from the Army, who had operated the site as part of the Stanley R. Michelson Anti-Ballistic Missile complex.

"The men and women of the 10th Space Warning Squadron put on an absolutely outstanding anniversary celebration," said Lt. Col. David Doryland, 10th Space Warning Squadron Commander. "From

our golf tournament and picnic, to a first class banquet and dedication ceremony, I've never seen better. To top it off, we did it with just 37 squadron members."

The first day's activities culminated with a formal banquet at the Langdon Activity Center, and included recognition of 33 site personnel who have been working at Cavalier AFS since 1977, as well as three former site commanders.

The anniversary banquet featured guest speaker retired Col. Cecil Charles, the first Air Force commander at the site, back when it was called Concrete Missile Early Warning System.

Its name was changed to Cavalier Air Station in 1983, and Cavalier Air Force Station in 2000.

The dedication ceremony the following morning included a flyby of four Air National Guard F-16s from the 119th

Fighter Wing at Fargo, N.D., and featured the re-enactment of the original transfer of installation between the Army and Air Force. Retired Army Lt. Col. Jim Hines, who was one of the last Army officers to train the initial Air Force cadre in 1977, represented the Army for the reenactment. Charles represented the Air Force.

The dedication also included the presentation of a squadron guidon flown on shuttle mission STS-110 by Lt. Col. Rex Walheim, a former crew commander at Cavalier. Guest speakers included North Dakota Congressman Earl Pomeroy, and Maj. Gen. Michael Haugen, North Dakota Air National Guard Adjutant General, who was the keynote speaker for the ceremony.

More than 300 people from the local communities surrounding the base came out for the Anniversary Celebrations and received tours of



Courtesy photo

**North Dakota Congressman Earl Pomeroy, Lt. Col. David Doryland, 10th Space Warning Squadron commander, and Maj. Gen. Mike Haugen, Adjutant General of North Dakota Air National Guard (left to right), dedicate a plaque recognizing 25 years of Air Force service at Cavalier.**

the unit's radar facilities.

"What made this anniversary special was our ability to formally recognize site personnel who have worked at Cavalier for the past 25 years,"

said Doryland. "They've done a superb job, and this anniversary celebration is really a testament to their dedication, perseverance, and sacrifice over the years."





LEGAL CLAIM

If anyonehas claims against the estate of Staff Sgt. Leonard M. Davis, contact Capt. Atilio Usseglio at 439-1225.

EMT CONFERENCE

The 4th Annual Emergency Medical Technician Conference will be 7:30 a.m.- 5 p.m., Wednesday through Aug. 30, at the Enlisted Club.

For more information, call DSN 268 3596.

D-11 SCHOOL SUPPLY DRIVE

District 11 is in need of various supplies for their upcoming school year.

Some of the needed supplies are:

- #2 pencils
- spiral notebooks -- wide-ruled lines
- Crayola washable markers
- Colorado pencils
- small calculators
- glue sticks
- Fiskar scissors
- pocketed folders
- rulers with metric and standard
- boxes of tissue

For more information, call Staff Sgt. Patricia Kimble at 556-4462.

CIVILIAN EMPLOYEE HEALTH BENEFIT DAY

Representatives from Blue Cross/Blue Shield, Government Employees Health Association, PacifiCare of Colorado, Mail Handlers and Kaiser Permanente, will be available Thursday to meet with Peterson Complex civilian employees to discuss any questions or concerns regarding their health insurance coverage.

Appointments are not required. Representatives will be available in the Civilian Personnel Office training room from 9-10:30 a.m.

For more information, call Beverly Sagapolutele at 556-7073.

EDUCATION OFFICE

■ Air War College non-resident studies seminar is underway and will run through June 2003.

Applications are being accepted online at [www.au.af.mil/au/awc/ns/nsenroll](http://www.au.af.mil/au/awc/ns/nsenroll)

■ The Air Command and

Staff College is also accepting applications for nonresident studies.

■ Federal workers can take online courses in more than 25 subjects for free. To learn more, log onto [www.golearn.gov](http://www.golearn.gov).

For more information on these or other Education Office classes, call the Education Office at 556-4064.

SCHOLARSHIPS

The Olmstead Scholar Program provides officers a chance to attend a college overseas while studying for a master's degree.

The application deadline is Oct. 15. For more information call the Military Personnel Flight.

CITY INCREASES

WATER RESTRICTIONS

During Stage II, residents should water their lawns in the early morning or late evening for no more than three hours per day.

- Sundays -- even numbers
- Mondays -- no watering
- Tuesdays -- odd numbers
- Wednesdays -- even numbers

- Thursdays -- no watering
- Fridays -- no watering
- Saturdays -- odd numbers

Peterson has achieved a 25 percent reduction in water usage, and will continue to stay consistent with the savings set by the city.

Also during Stage II, the car wash will be closed Tuesdays and Wednesdays.

Watch the base marquees, the Commander's Access Channel and the *Space Observer* for the latest water restriction stages and changes.

RETIREE

APPRECIATION DAY

The annual Retiree Appreciation Day and Information Fair will be held Saturday, in Arnold Hall at the Air Forces Academy. Hosted by the 10th Air Base Wing, all retirees and their family members in all branches of military service are invited.

The program starts at 9 a.m., and the keynote speaker will be General Ralph E. "Ed" Eberhart, NORAD and U.S. Space Command Commander, U.S. Space Command. He will be followed by a panel of

experts on health care (Tricare) and briefings on retiree benefits and other current retiree issues. Information booths and coffee and donuts will be set up at 8 a.m.

For additional information, call 1st Lt. Theresa Franz at 333-3172.

GUARD OPENINGS

The 109th Airlift Wing in Scotia, N.Y., has traditional guard openings in various Air Force Speciality Codes.

Call DSN 344-2457 for more information.

OFFICERS' WIVES CLUB FUNCTION

The Peterson Officers' Wives Club will have its first function 6:30 p.m., Sept. 19, at the Officers' Club.

For details, call Kimberly Willoghby at 574-8500.

NAVY BALL

The Rocky Mountain Navy 227th Birthday Ball will be 6 p.m.-midnight, Oct. 4, at the Sheraton Hotel, Colorado Springs.

The prices for E-6 and below is \$20, E-7 to O-3 \$35, and general admission for the event is \$42.



At the  
Base  
Chapel



**Protestant**  
Liturgical Worship,  
8:15 a.m.  
Traditional Sunday Worship  
11 a.m.  
Gospel Services, 12:30 p.m.

**Catholic**  
Weekday Mass, 11:35 a.m.  
Saturdays, 5 p.m.  
Sundays, 9:30 a.m.  
Reconciliation  
Saturdays, 4 p.m.

**Religious Education**  
Sunday programs  
resume after  
Labor Day

\*\*For more  
information  
Call the chapel at  
556-4442 for available  
chapel programs.

# Blotter

The following real-life events with real individuals from around the Peterson Complex are presented to inform you of crimes, accidents, and events occurring on our base.

The following entries were taken from hundreds recorded in the Peterson Police Blotter for the week ending Aug. 16:

*\*\*Editor's note: Although the Space Observer staff may make light of some Blotter entries, the intent is to call attention to our security and law enforcement concerns. However, rest assured, our professional Security Forces treat each incident seriously.*

## Grass grabbed - Aug. 10

Security Forces stopped a civilian at the West Gate when they detected a strong, sweet burning smell coming from his vehicle.

When the driver was told that a military working dog was on the way, the driver handed over a bag of marijuana to Security Forces.

Colorado Springs Police were called and issued the pothead a summons for possession

of drug paraphernalia and marijuana.

## Ignore my blinker - Aug. 10

Security Forces responded to an accident at the intersection of Stewart and Paine Streets.

One vehicle was driving down Stewart with his right turn signal on, so the driver on the cross street assumed he would be turning, and pulled out in front. Both vehicles received minor damage (including a now-broken turn signal).

The fire department responded to clean up fluids from the accident.

## Mindless motorist mangles maneuver -- Aug. 12

Security Forces stopped a vehicle after it approached the West Gate, proceeded through the gate without approval of gate guards, made a U-turn around the gate and

attempted to depart the installation.

The vehicle matched the description of a vehicle that was involved in a vehicle accident and an assault. Security Forces contacted Colorado Springs Police and asked if they were searching for the vehicle in question. The police confirmed that was indeed the vehicle, and sent out an officer to apprehend the suspect.

## Stolen property - klepto kin? - Aug. 12

A family member came to Security Forces complaining of having two gold cartouches worth \$500 stolen from her jewelry box.

Her husband and children hadn't seen them, and she didn't know when they had been stolen. Her husband's cousin had stayed with them for two weeks, and they found a pawn shop receipt in his room.

She called the pawn shop, and was told that the cartouches were at that location. She then went downtown to file a report with the police.

## Can I see some ID? - Aug. 12

Chapel Hills Mall Security notified

police and Security Forces that they were holding an individual for fraudulent use of three separate military ID cards, trying to obtain jewelry and credit.

The police detained the individual and transported him to the Falcon Police substation. He used a valid Army Reserve military ID card to produce two fake copies with different personal information on each.

The police incarcerated him at El Paso County Confinement for fraudulent use of IDs, theft, and forgery.

## Let me show you how smart I am ... not - Aug. 15

Security Forces were conducting a dorm walkthrough when they heard a loud noise coming from one of the rooms.

When they investigated the noise they found several people consuming alcoholic beverages. All individuals were asked for their IDs, and three civilian individuals were found to be under the age of 21.

A fourth individual, a military member, stated the ID was in

his car. He went to retrieve his ID and tried to sneak away.

The three civilians were taken by the police for underage drinking.

The fourth, was charged with underage consumption of alcohol, disobeying a lawful order, evading Security Forces, and contributing to the delinquency of a minor.

## Bomb threat - Aug. 16

A civilian employee called the Security Forces and related he had received a phone call from an unknown individual who stated there was a bomb at his location.

He said the caller stated the bomb would detonate in 10 minutes. Patrols and fire department arrived on scene and set up a cordon around the affected area. Security Forces conducted a sweep of the building. The investigation is ongoing.

Thanks to the alert employee who left his phone off the hook, the chances of tracing the call are greatly increased (a reminder to all to leave the phone off the hook and notify authorities via another phone).





# Retiree Appreciation Day Saturday at AFA

By 2nd Lt. Suzy Kohout  
[21st Space Wing Public Affairs](#)

The Air Force Academy will host the annual Military Retiree Appreciation Day and Information Fair Saturday, beginning at 8 a.m., at Arnold Hall.

Keynote speaker Gen. Ralph E. “Ed” Eberhart, NORAD and United States Space Command Commander, will discuss topics ranging from U.S. Northern Command, NORAD, and the role of retirees in the changing military and off-base community.

Other speakers will participate in a panel discussion following the keynote speaker’s address.

Retired Air Force Maj. Gen. Richard D. Murray, President of the National Association for Uniformed Services, will discuss issues involving Tricare for Life. NAUS, a nonprofit lobby group, educates government leaders on protecting military members and veterans and their family members benefits. Teresa Klataska, project manager for the Tricare central region will also discuss the Tricare program.

Commanders from local hospitals will be available to answer retiree’s questions. Col. Douglas

Robb, 10th Medical Group Commander, will be present on behalf of USAFA. Other commanders include; Col. James McGaha, Evans Army Community Hospital Commander, and Col. Stephen Meigs, Headquarters Air Force Space Command Surgeon Commander.

Planned events will offer retirees and family members opportunities to learn more about medical benefits.

“This year’s event will probably be the most important we’ve had in several years,” said retired Chief Master Sgt. Denver Bolster, director of the Peterson AFB Retiree Activities Office. “Reason number one -- Gen. Eberhart will brief on the world situation and the importance of the new command we’ll be receiving. Reason number two -- Tricare for Life is going through major changes. It will be important for all retirees to hear what is being proposed and discussed.”

This event is open to retired members from all branches of the military, their spouses and family members.

The fair begins with refreshments at 8 a.m., fol-

lowed by the guest speaker at 9 a.m. A question-and-answer session with medical and TRICARE experts will follow from 10 a.m. – noon.

An information fair following the program will include information from various agencies and veterans organizations, whose representatives will answer questions on a variety of subjects. The fair will also include a prize drawing at 12:30 p.m.

This year’s appreciation day has some new additions. Defense Finance Accounting Service will set up a stand where retirees may ask questions and log directly into their accounts. Also, the military personnel flight will set up pass and identification and Defense Enrollment Eligibility Reporting System sections, where retirees can update their identification cards from noon – 3 p.m.

During the information fair, retirees and their family members may also attend the “Explorers of Mauna Kea” movie at 1 p.m. at the Planetarium.

Parking will be available at Arnold Hall and the Academy Field House. Buses will run between those locations every 15 minutes starting at 8 a.m. For more information, call 556-7153.

## Combined Federal Campaign prepares for kick-off

By 2nd Lt. Suzy Kohout  
[21st Space Wing Public Affairs](#)

The Combined Federal Campaign kicked off this year at the annual leadership brunch at the Officers’ Club Aug. 16.

General officers, CFC employees, federal employees, project officers, key workers, and volunteers met at the club

to discuss the importance of this year’s campaign.

“The long term effect of this campaign can impact hundreds and thousands of people,” said Brig. Gen. Duane Deal, 21st Space Wing Commander. “Everybody can help internationally, nationally and locally, but right here is where we need to start to get the word out.”

The 2002 campaign’s

mission is to demonstrate the American version of “what a difference a day can make,” said Army Maj. Gen. Charles Campbell, Commanding General, 7th Infantry Division and Fort Carson Pikes Peak Region Combined Federal Campaign Chairman.

Campbell highlighted the Sept. 11 event as a day, which precisely hit home to many CFC donors last year. It was

with shock and sadness that we saw what a difference a day can make, he said.

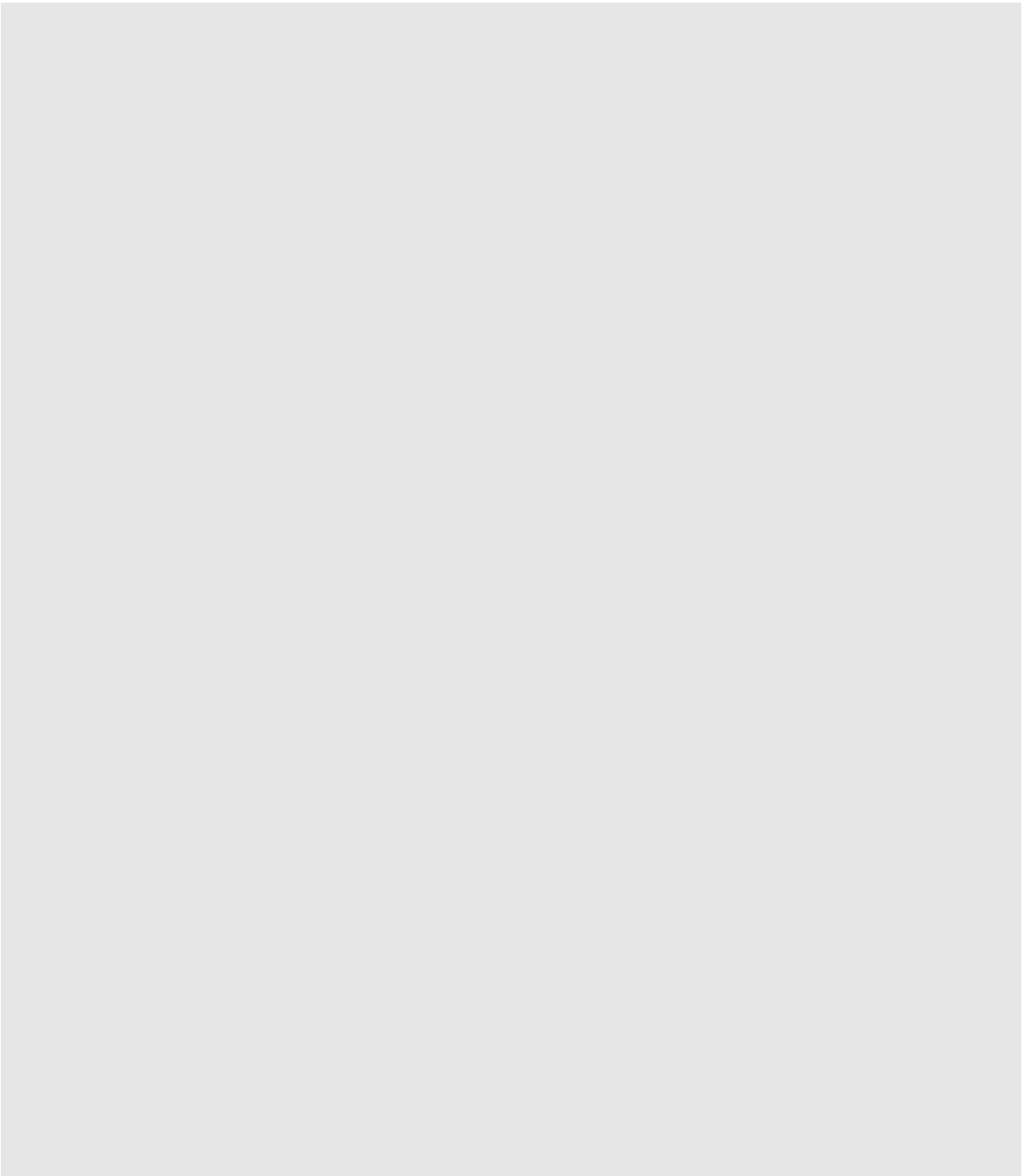
“CFC is a tremendous opportunity for federal employees to come together for people of our country and all over the world,” said Campbell.

This year the campaign starts with the project officers and key workers who need to

communicate CFC to others, said Lt. Gen. John Dallager, United States Air Force Academy Superintendent.

“Donors give with their hearts, time, and money,” said retired Col. Mike Turner, CFC Keynote Speaker.

Donators can check out the reliability of different charities by logging on to [www.worth.com](http://www.worth.com).





# A T Y O U R S E R V I C E

Robin Aken inserts a valve stem into a new rim for a customer. Aken and other Auto Skills Center staff stand ready to assist base members with their automotive needs.



## Auto Skills Center tunes up Peterson

By Senior Airman Shane Sharp  
[21st Space Wing Public Affairs](#)

Base members can keep their automobiles running smoothly with the help of the Peterson Auto Skills Center staff.

“We have the tools and equipment for just about any kind of do-it-yourself job you can think of,” said Calvin Gammon, Auto Skills Center Manager.

According to Gammon, the Auto Skills Center provides customers the facilities to work on their own automobiles. For those who have limited knowledge of mechanics, Gammon and his staff are more than willing to lend advice and some hands-on help.

“We get a variety of different people in here,” said Gammon. “From E-1s to O-9s, beginners and the more experienced, and we try to help them all out any way we can.”

For those base members with deployed spouses, the skills center offers a free oil change. Just bring in the oil, filter, and a copy of your spouse’s deployment orders and the auto skills staff will take care of the work.

The center also has engine diagnostic equipment and offers state emissions testing.

For a complete listing of services and special offers, visit [http://autoskills\\_pafb.tripod.com](http://autoskills_pafb.tripod.com). For questions, call 556-4481.



Photos by Senior Airman Shane Sharp

**Auto Skills Center manager Calvin Gammon (left) talks with Jim Kendzierski about rebuilding his engine.**

### This Week

#### Saturday

- Children bowl free when accompanied by an adult bowler at the bowling center.
- Babysitter training, 9 a.m.-1 p.m. Call 556-9201 for more information.

#### Monday

- Mothers on the Move exercise group. Call the Family Advocacy Center for times and locations.
- Session XI swim lessons begin at the Aquatics Center.

#### Tuesday

- Sponsorship Training, 7:30-8:30 a.m., at the Family Support Center.
- Assertive communication, 2:30-4:30 p.m., at the Education Center.
- Peterson Toastmasters meeting, 11:35 a.m.-12:35 p.m., at the Enlisted Club. Call 556-6360 or 556-1714 for details.

#### Wednesday

- Assertive communication, 2:30-4:30 p.m., at the Education Center.
- Doubles tennis tournament, 5-8 p.m. Call 556-1515 for details.

#### Thursday

- Play Group, 10:30 a.m.-noon, at the Chapel.
- Cheyenne Mountain kickball tournament. Call 556-1515 for more information.

### Helpful Numbers

- Family Advocacy 556-8943
- Education Center 556-4064
- Library 556-7462
- Community Center 556-7671
- Aquatics Center 556-4608
- Fitness Center 556-4462
- Officers’ Club 556-4181
- Enlisted Club 556-4194
- Youth Center 556-7220
- Family Support 556-6141
- Red Cross 556-9201
- Aragon Menu Line 556-4782
- Outdoor Recreation 556-4487
- Golf Course 556-7810

### This Week

### SERVICES CALENDARS

#### At the Officers’ Club



**August 26 --**  
Have lunch at the O’Club and receive an ATWIND piece.

**August 28 --**  
Mongolian barbecue, 6-8 p.m.

**August 30 --**  
Live Maine lobster. Reservations required.

#### At the Enlisted Club



**August 26--**  
Have lunch on Tuesdays and get one ATWIND piece.

**August 28--**  
Family Country Style buffet, 5-7 p.m.

**August 28--**  
Enjoy Wednesday night buffet and receive an ATWIND piece.

#### At Outdoor Recreation

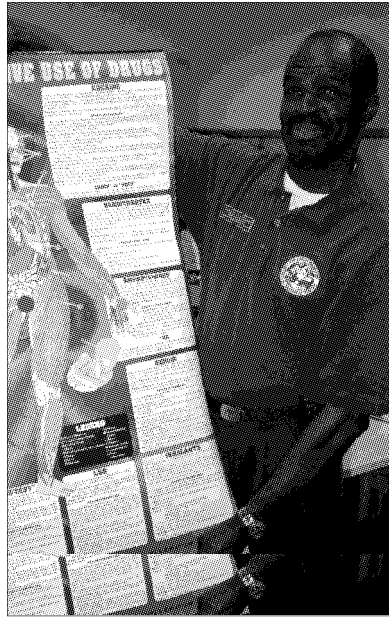


**August 23-25 --**  
Canoe and camping trip, call to sign up.

**August 30 --**  
Rent a camping package and receive an ATWIND piece.

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# HAWC: Where compassion meets expertise

Photos and story by Master Sgt. D.K. Grant

21st Space Wing Public Affairs

Nobody's perfect.

Still, it's embarrassing to talk about some things with a stranger. For example, who wants to admit that they just can't quit smoking? Being close to (or over) one's maximum weight is personally humiliating, failing the ergometry test is frustrating, and enduring the advice of an unsympathetic stranger is agonizing.

The good news: At Peterson Air Force Base, there are sympathetic, nonjudgmental "family" members to help battle nicotine addiction, weight problems, fitness challenges, and more. Peterson Health and Wellness Center staff members are understanding and supportive, and they're experienced in various areas.

**Maj. Scott Guthland:** A board certified managed care nurse with master's degrees in nursing and in health management, Maj. Scott Guthland has managed the Peterson HAWC for nearly a year. Commissioned in 1985, he has served in a variety of stateside and overseas assignments, developing the compassion and skill that make him eminently suitable for his role as the HAWC manager. Using education, humor and sensitivity, Guthland helps ease the discomfort many clients feel when they must discuss personal or sensitive issues. He also makes it his personal mission to stay abreast of the gamut of health and wellness issues and procedures, and is credited with implementing progressive services into the HAWC schedule, such as aroma and massage therapy. He's leaning forward to ensure Peterson customers get the most comprehensive health and wellness service in the Air Force.

**Master Sgt. Luis Pacheco:** He's only been in the position seven months, but already Pacheco is making his presence known at the Peterson HAWC. Pacheco came to Pete after completing a special duty assignment with the 10th Medical Group at the Air Force Academy. His background includes expertise in fitness and smoking cessation programs. He earned his fitness specialist certification through the Coopers Institute in Dallas and his Quit Smart certification in Durham, N.C. Among a host of other duties, Pacheco is responsible for taping male military members for body fat percentage. Discretion is his byword. His sincere concern for his clients' feelings is evident in his behavior, behavior that sets even the most nervous at ease. Nobody wants to go to the HAWC for that kind of appointment, and Pacheco knows that, so he works to create a low-threat environment, and that means more people are more likely to get well more quickly. They say the "C" in HAWC really stands for Caring.

**Cindy White:** If you've already been through a fitness program with White, HAWC fitness program manager, you probably won't be surprised to learn that at one time she was the health promotions manager at the Department of Justice FBI Fitness Center. She may be a small woman, but she has huge energy and epitomizes confident authority. She's been in the health and fitness business for 20 years, and her education includes a master's degree in exercise physiology, and certifications as a health fitness instructor, a sports and conditioning specialist, a spinning instructor, and a Quit Smart instructor. In addition to the FBI job, she's been the fitness manager for commercial health clubs, and worked for a fitness management company in Washington D.C. It isn't just the education and experience that sets her apart, though. She seems to truly enjoy everything she does, and her infectious enthusiasm is causing a fitness epidemic at Peterson.

**Nancy Leonard:** Fill your car's gas tank with contaminated fuel and it won't run (or at least, not for long). It's the same with your body, says

nutrition guru Leonard, who is teaching Peterson to fill up with premium. Leonard, like her HAWC coworkers, brings an impressive education and experience package to the table. Using her food science and nutrition degree as a foundation, she has completed certification in sports nutrition and civilian personnel management, civilian instructor training, eating disorders on campus, and nutritional medicine service management for dietitians. She's a registered dietician with the American Dietetic Association, as well, and came to Peterson after 12 years at the Air Force Academy. Devoted to customer health AND happiness, she's cooking up ways to help people eat healthful but tasty food. It's a good thing.

**Deena Gerber:** According to coworkers and HAWC clients, there isn't much that Gerber can't do. And whether she's overseeing administrative tasks or teaching a spinning class, her wholehearted commitment is evident. Gerber is the HAWC information management specialist, and as such she effortlessly handles calendars, class schedules, and appointments for a busy staff.

As the information manager, her plate full-to-running-over, but she's piled it higher with such activities as physical fitness assessments and teaching spinning classes. That's actually where her education and background lie. With a degree in biology and exercise/sport science, she completed a physical therapy and rehabilitation internship in Ohio, and has completed certification requirements as a spinning instructor, personal trainer, and a tobacco cessation facilitator. Thank goodness she has talented teammates or she might try to do it all (and do it well).

**Claudia Cleveland:** He's seen a lot of sadness and wasted potential in the world, and as the Peterson Demand Reduction Program coordinator, Cleveland is determined to move mountains if that's what it takes to prevent such sorrow and waste. The demand reduction program exists to educate people on the negative affects of illegal substance use and legal substance abuse. Saving people from the dangers of substance abuse must begin early, Cleveland believes, and so he specializes in youth outreach and illicit drug use prevention. His education is in political science, but his experience, throughout 20 years of active duty service and five years in the civilian corps, has been devoted to helping people avoid addiction. Certified in intervention and prevention with gangs, Cleveland believes early education is critical to a long, healthy, happy life.

**Danielle Weber:** It's not the most glamorous job on base, but random urinalysis puts teeth in the demand reduction program, so Weber has good reason to write home about the important work she does for America. Weber, the Peterson drug testing program administrative manager, works closely with Cleveland to maintain an unimpeachable program.

Some people may take longer to educate than

others, and until those people internalize the anti-drug use standard, the random urinalysis program serves as a preventive tool. Like her HAWC teammates, Weber is eminently qualified to serve. A former Air Force member, she has eight years of experience in the military medical lab environment. Her attention to detail and integrity coupled with an easy sense of humor help to ease the pressure in the urinalysis clinic. Nobody wants to "go potty for his or her country," but if they have to, at least one benefit will be getting to meet Weber.

*\*\*Editor's Note: This is part four in a four part series.*



Master Sgt. J.R. Rodriguez (right) volunteered to be tape-measured for body fat so that Health and Wellness Center superintendent Master Sgt. Luis Pacheco can illustrate where to measure a man's neck. During actual body fat taping, men must remove their shirts, Pacheco explained.



Summer hire employee Kyle Kirkpatrick learned more than he imagined possible as he supported every program at the Health and Wellness Center.



Clockwise, from top left: Maj. Scott Guthland, Peterson Health and Wellness Center manager, checks a client's blood pressure. Nancy Leonard, HAWC nutrition expert, pulls a batch of low-fat, high-taste muffins from the oven. Dani Weber, Urinalysis Program manager, prepares identification documents for specimen cups before "donors" begin to arrive. Claudia Cleveland, Demand Reduction Program coordinator, uses a diagram to explain how various legal and illegal substances affect the human body. Deena Gerber, HAWC information manager and spinning instructor, explains how to adjust the spinning bike pedals for safe use. Cindy White, fitness program manager, uses calipers to measure a client's tricep area - one step in calculating total body fat percentage.

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# Air Force team retains Eco-Challenge title

FAIRBANKS, Alaska — The Alaska Air National Guard’s “Team Speedy Brats” shared its first-place championship with the Army’s “Team Allied Spirit” following this year’s Armed Forces Eco-Challenge.

This is the second year the race has been run in the Alaskan wilderness, and the

second time that the Alaska Air Guard team finished in the first position. Last year, the team went on to compete in the World Eco-Challenge in New Zealand.

The 2002 armed forces event is a 250-mile adventure race through the Alaskan wilderness and was more challenging, tougher and longer by

100 miles than the first AFEC a year ago, said race officials.

Twenty-three four-member, mixed-gender teams representing America’s military services begin the around-the-clock expedition race on Aug. 12. Nine of the 23 teams completed the event.

(Courtesy of Air Force Print News)



Courtesy photos



Armed Forces Eco-Challenge competitors raft and hike their way through the Alaska wilderness during the more than 200-mile-long adventure race. The race included several different legs, requiring a mix of rafting inland rivers, mountain biking, mountaineering and trekking across desolate tundra populated by Grizzly bears, wolves and, worst of all, the infamous Alaska “state bird” -- the mosquito.

## Flag Football set to kick off

The 2002 Intramural Flag Football season kicks off the first week of September. Base units that want to join the league must have their team submitted to the intramural department at the Fitness Center by Wednesday. Call Chris Hicks at 556-4475 for more information.



# Down Range

By Staff Sgt.  
Josh Clendenen  
[21st Space Wing Public Affairs](#)

The days are getting shorter and the nights are getting colder, so you know what that means -- the snow is right around the corner -- hopefully.

I say hopefully for a number of reasons. The first of which is, we need the water.

I'm tired of looking around base at all the dead grass. The next reason is, I know people who are just itching to ski.

The last reason I can't wait for the snow is a purely selfish reason. The snow pushes the elk down and it will help the Division of Wildlife get their monstrous numbers this year.

As I said in last week's

issue, leftover tags went on sale and there was a huge turnout. According to the DOW web site, there were 11,653 leftover licenses sold the first day. The number is up by almost 3,000 from last year.

*The Gazette* reported on Sunday there were people camping to get the tags. They said at one point, the line was


two blocks long.

Trust me, I wasn't in that line. I'll get my tag when I get back from a deer/elk hunt in September.

That's right, blackpowder season is right around the corner and my neighbor asked me if I wanted to tag along on his hunt and again I asked him, "do bears live in the woods?"

With a chuckle and a punch in the arm, he told me we were leaving on the 17th so I'll let you know how it goes.

I'm sure the story will start out "there I was..."

■ Senior Airman Shane Sharp will be taking over the column for the next few weeks while I'm on leave. 

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